

# Healthiest Maryland Businesses

Nicole Morris, MS, RN, CWWPM, Kent County Health Department

Jennifer Johnson, CWS, Wicomico County Health Department



Training Employers | Promoting Health | Maximizing Performance

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## Maryland

Nicole Morris, MS, RN, CWWPM

Healthiest Maryland Businesses Regional Lead, Mid/Upper Shore

Work@Health Certified Trainer

## Work@Health® Project Overview

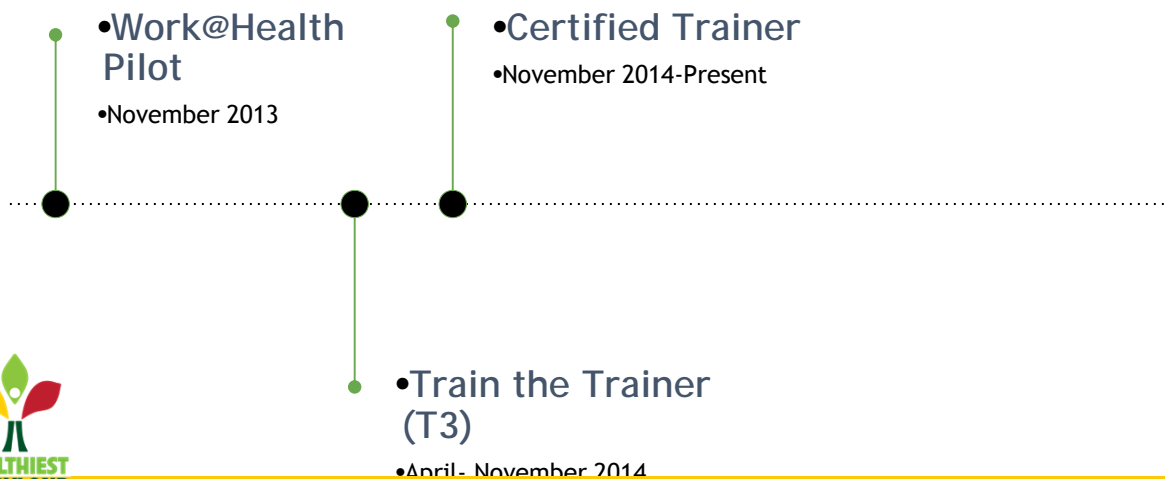
- Funded through the Affordable Care Act's Prevention and Public Health Fund under the direction of the Centers for Disease Control and Prevention (CDC)
- Develop and deliver a worksite health training program to employers and wellness professionals
- Accelerate the adoption of science and practice-based, comprehensive worksite health programs nationwide
- Help to identify, develop, and share best practice models for comprehensive worksite health program training



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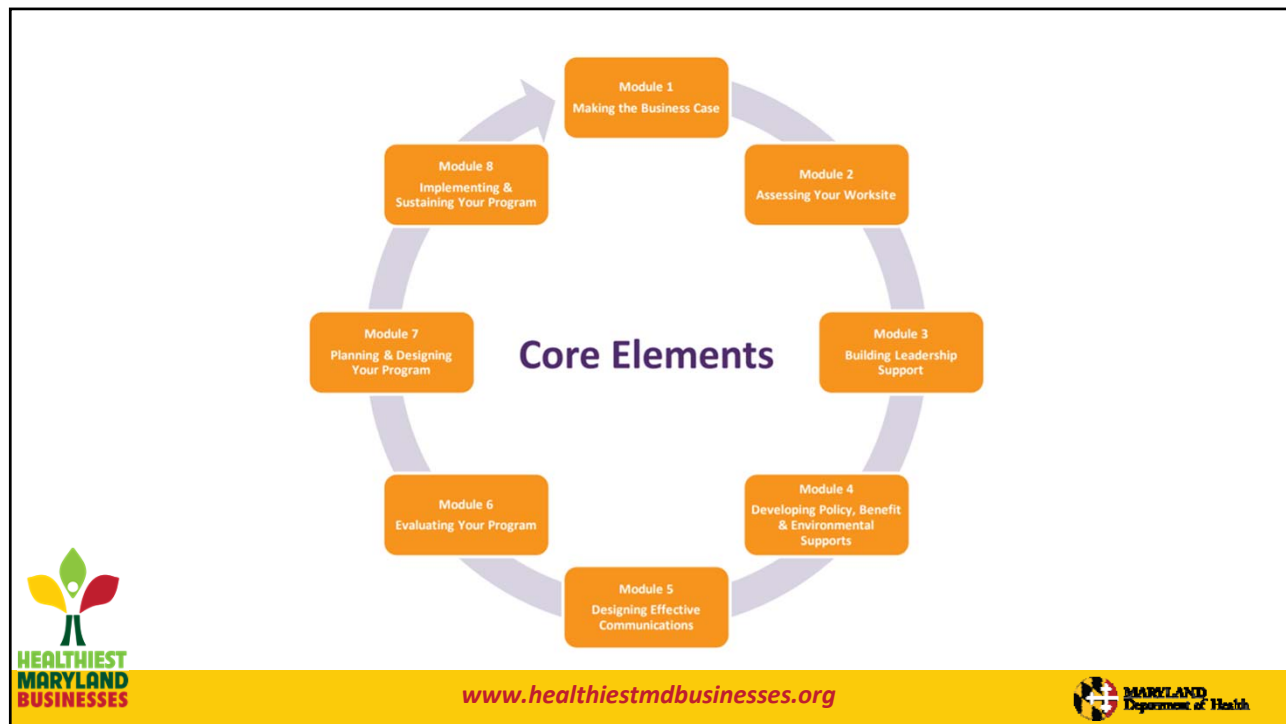


## Timeline



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## Reach

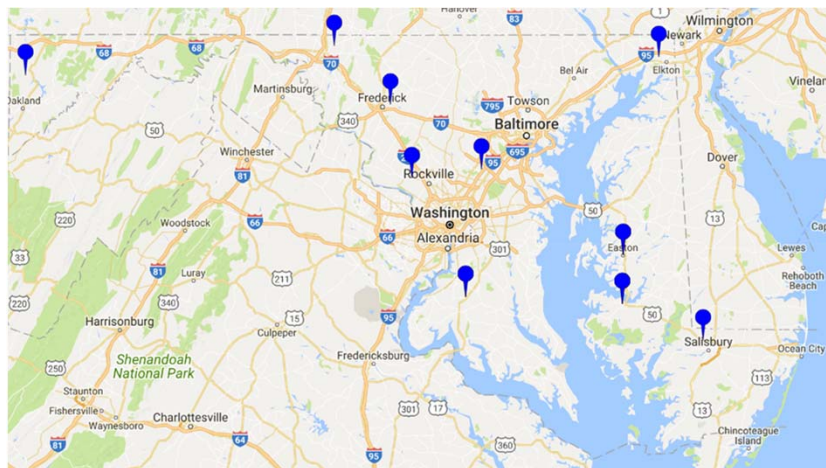
- 12 workshops
- 80 businesses
- 92,984 employees



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## Workshops Across MD

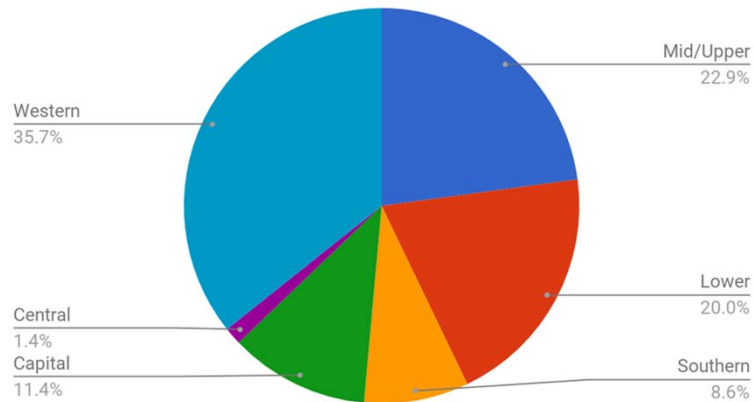


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## Regional Distribution

Percentage by Region

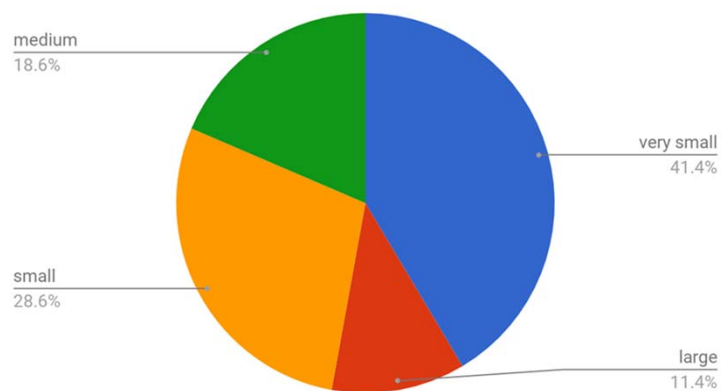


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## Size Distribution

Percentage- Business Size



Very small <100, Small 100-249, Medium 250-749, Large ≥750



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## City of Greenbelt



•“As Recreation Director for the City of Greenbelt, and an advocate of health and wellness for our employees, I feel the workshop was extremely informative and well presented. I am grateful to have a another resource to work with and I will be calling on Healthiest Maryland Businesses for assistance as the city expands our employee wellness programs.”

•-Julie McHale



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## Arc of Washington County



•“Work@Health was the best and most comprehensive training I’ve ever attended about worksite wellness. I highly recommend this training for anyone involved in workplace wellness, whether they are just getting started or trying to figure out what to do next.”

•-Janis Williamson



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## Participant responsibilities

- Complete the Work@Health® employer training
- Establish a health promotion committee
- Plan/implement the Work@Health® core elements
- Grow their program
- Participate in periodic surveys
- Help create and grow peer-learning community



• Hand-off to Regional Coordinator (*and Local 1422 if available*)

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## Contact:

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- Regional Lead, Mid/Upper Eastern Shore
- 410-778-2533
- [nicole.morris@maryland.gov](mailto:nicole.morris@maryland.gov)



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## Perdue Farms



Jennifer Johnson, CWWS

1422 Coordinator and HMB Lower Shore Regional Coordinator

Wicomico County Health Department



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## Company Overview

- Poultry company
- Over 20,000 employees in different states
- 2,500 employees in Wicomico Co.
- Started relationship in 2013 with smoking cessation classes



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## History with HMB

- Became an HMB in 2015
- Attended the Work@Health Training in 2015
- Received 1422 funding to write wellness policies
- Created 3 policies for wellness team, physical activity, and nutrition



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## Wellness Team

- Meets monthly to discuss wellness for employees (new topic each month)
- Health risk assessments, measure biometric screenings, Lipid, and A1C on all HIP staff
- On site clinics



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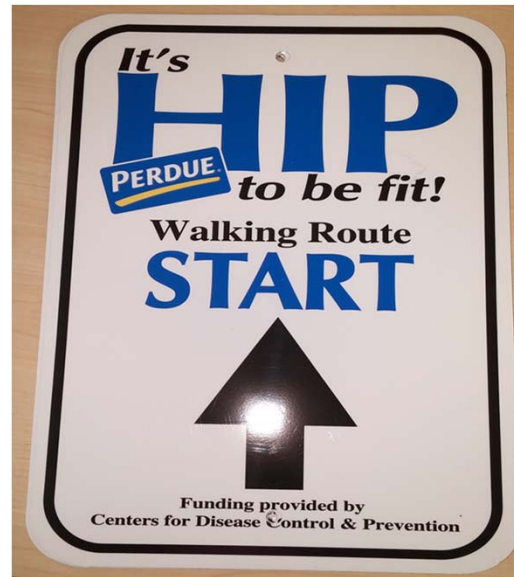
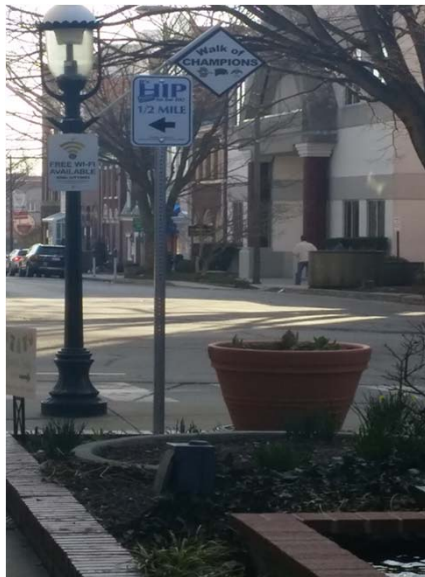
## Physical Activity

- Marked walking trail
- Walking during breaks/lunch
- Walking meetings when possible
- HIP specialists can help set activity goals, track progress, and educate on different activities



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## Physical Activity Continued

- Received \$2,500 from state 2016 Physical Activity mini grant
- Used to enhance on site gym at corporate office
- Under desk pedal exerciser, dumbbells, resistance bands, yoga chairs, posters, printed map of walking path, yoga ball, mat, and DVD



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- Adopted two policies
  - Exercise room policy
  - Walking policy

HEALTHWORKS POLICY	
	SUBJECT: EXERCISE POLICY APPROVED DATE: 1/1/16 APPROVED BY: _____ APPROVED DATE: _____ Page 1 of 2

**I. PURPOSE:**

- Perdue is committed to improving human health and bringing about engaged, healthy and productive associates by providing an environment of health.
- The American Heart Association recommends at least 150 minutes of moderate physical exercise every week. Research has shown that walking 30 minutes a day will help to reduce the risk of coronary heart disease and stroke, reduce the risk of obesity, breast and colon cancer and osteoporosis, improve your blood pressure, blood sugar, and blood lipid profiles, and enhance your overall mental well-being.
- An exercise program is an important element in a comprehensive health promotion program.
- Physical activity should be encouraged throughout the day, taking advantage of any chance to get up and move around. Examples to encourage include:
  - Take a short walk around the block.
  - Walk up the stairs instead of taking the elevator.
  - Take an activity break, get up and stretch or walk around.
  - Park for one or two blocks further from the destination and walk the extra distance.

**II. DEFINITION:**

- Exercise is the performance of physical activity for improvement of health and physical fitness or the correction of physical impairment.
- Cardiorespiratory fitness-moderate exercise: Physical activity that increases the heart rate for a continuous period of time thus strengthening the heart and lungs.
- Flexibility exercises: Stretching activities that improve range of motion, reduce stress, and increase flexibility. To avoid injury, stretches should be performed safely (slow, static movements without bouncing, done only after muscles are warm, and held for at least a 15-30 second stretch).
- Strengthening exercises: Resistance exercises or weight lifting to build and improve muscle strength.

**III. SCOPE:** This policy applies to all Perdue Associates.

**IV. PROCEDURE:**

- Associates should consult their Primary Care Provider before starting any exercise program.
- All employees will be permitted to:
  - Engage in physical activity while on pre-approved breaks.
  - Have walking meetings when feasible (small group, no handouts, no note-taking, no audio or visual needed).
  - Use stairs instead of elevators.
  - Limit the use of sitting for extended periods of time: so for the 60 minutes, walk the 7 minutes.

Approved by: \_\_\_\_\_



We all know that smoking is bad for your health but did you know that sitting can be worse! In an effort to improve your health while working, we encourage you to become physically active at work so.....

Perdue's Exercise Room has new equipment!



In addition to the treadmills, elliptical, and rowing machine, we have purchased Yoga DVD's, Yoga ball, resistance bands, and free weights that can be used in the exercise room. If you have trouble scheduling time for exercise, please feel free to sign out a stability ball chair, under the desk peddlers and a stand up desk through the outlook calendar. **This equipment can be used at your cubicle while you work.** We ask that you return the equipment at the end of the day to the exercise room and be courteous of other associates signing out the equipment. We are asking everyone to re-sign the exercise room waiver (attached) to Erin Pleasanton, Corporate Occupational Health nurse. If you do not know how to safely use equipment, please see nurse prior to first time use. Don't forget about



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## Nutrition

- All locations with cafeterias have Myplate posters and portion size posters
- All work meetings have healthy options: fruits, veggies, water and low sodium foods
- Vending machines be labeled with healthier food options



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## Diabetes Prevention Program

- Did online Omada program
  - Over 200 signed up
- WiCHD to start on site class Aug. 2



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## Awards/Recognition

- Wellness at Work awards: GOLD last year and this year
- Helped promote HMB in commercial on WBOC



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# Healthiest Maryland Businesses: Perdue Farms

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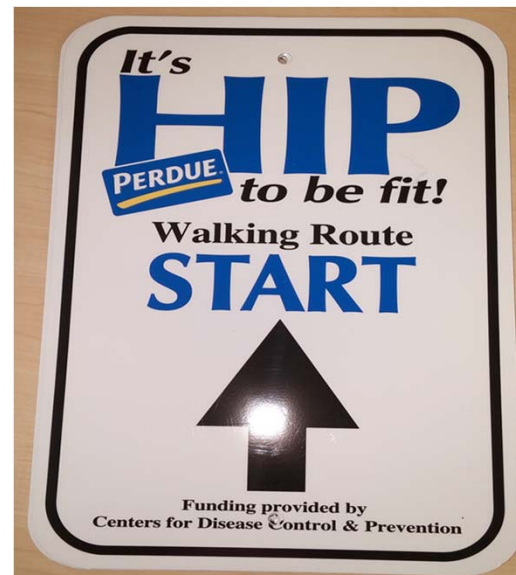


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